

# Naas-nuujinta

## Caanaha naaska: Ilaaha ugu Wanaagsan ee Nafaqada Dhallaanka

- Caanaha naaska waa caanaha ugu wanaagsan ee dhallaanka ee 12 bilood ee ugu horeeyo ee noloshooda
- Waa cuntada dhallaanka u wanaagsan ee hooyada kaliya siin karta
- Hooyada iyo dhallaanka waxay ka difaacaysaa dhibaato mudada fog
- Waana bilaash oo waa sahlan
- Una wanaagsan in hooyada iyo dhallaanka isu soo dhowayso inta ifka ay joogaan

\* Avoid feeding juice, cow's milk, or cow's milk alternative. Beverages other than breast milk may interfere with your baby's growth and development.

## Kolba Mudada Intee la Eg

Dhallaanka caloolooshoodu way yar tahay. Waxay u baahan yihiin in ay wax cunaan 2 ilaa 3 saacaddood ama 8-12 jeer inta lagu jiro 24 saacaddood. Caddada saxda ah dhallaanba dhallaanka kale way ku kala duwan yihiin. Fiiri oo dhegeyso calaamadda han kala duwan:

### Calaamaddaha Gaajada

- Feerta xirasho
- Faraha feerta jiqis
- Faruuro dhuuqis
- Dhawaaq kala nooc samayn
- Madax wareejin
- Hurdada ka dib xasalin daro

### Calaamaddaha Dherega

- Nasashada
- Faruuro xirista
- Joojinta nuugista
- Ciribta banaanka u soo bixinta
- Madaxa ka wareejinta

## Waa Maxay Waxa Aan Ubaahanahay Inaan Sameeyo Haddii Daawo aan u Baahanahay?

Takhtarkaaga waydiiso waxyaabo ku saabsan daawooyinka yaad hadda qaadato.

- Ka hubi <https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm> wax kasta oo isbeddel dhanka naas-nuujin ah
- Ha cabin sigaarka, goorta uurka aad leedahay ama goorta aad naas-nuujinnayso. Hase-ahaatee, haddii aadan awoodin in aad iska joojiso ama aad ka shaqaynayso in aad iska joojiso, naas-nuujinta ayaa weli lagugula talinnayaa maxaa yeeley dhallaankaaga ayay waxay ka illaalinnaysaa dhibaatooyin dhanka caafimaadka dhibaataadaasoo ku timaada waalidka sigaarka caba, oo ay ku jirto sibayaanka deg dega ku geeriyooda.
- Ka fogow alkoholka, gaar ahaan cabitaan aad badan. Cabitaanka wakhtiyada qaarkood ah waxba ma ahan. Raaji naas-nuujinta ilaa 2-3 saacaddood ka markaad cabto alkoholka ka dib.



- Naas-nuujinta laguma talinayo haddii adigu aad tahay qof isticmaala ama ku tiirsan muqaadaraadka la mamnuucay. Daroogada adiga ayay waxyeello kuu geysan doonaan iyo dhallaankaaga.

## Shaqo ku Noqosho

- Marka shaqada aad ku noqonayso qorshayso wakhtiga aad naaso nuujinnayso.
- Shirkadda aad u shaqayso waydiiso meel gooni ah oo aad caano aad ku miiran karto.
- Daryeel bixiyaha ubadkaaga kala hadal wax ku saabsan jadwalkaaga, kaydinta caanaha naaska iyo fekraddo kale ee ay qabaan.
- Hel bambo aad fiican. Bambada inta badan waxaa laga helaa isbitaallada maxalinga, caymisyada gaarka ah iyo Medicaid.
- Fiiri haddii aad u qalanto in aad bambka naaska, la xiriir xafiiska maxalliga ee WIC rugta waa 1-800-755-GROW (4769), ama xafiiskaaga maxalliga ee xaafaddaada la taliyayaalka gobolka Ohio waa: <http://www.ohio-olca.org/> or <http://www.ohio-olca.org/find-an-ibclc.html>.

Sii wad! Toddobaadyada koowaad ee ugu horeeya shaqso ku noqoshada waxay noqon doontaa mid yara adag madaama dhallaan kugu cusub yahay. Adiga naftaada iyo tan ubadkaaga u wanaagsanaw. Isu ogolow wakhti aad isku hagaajiso ee naas-nuujinta iyo shaqada ka hor inta aadan samayn go'aano wa wayn. Naas-nuujinta waxaa dhici karta in ay markastaaba aysan noqon wax sahlan, laakin markastaaba waa wax u qalma. Wakhtigan gaar ah ka bogo u bad kaaga.

**Ma rabtaa macluumaad dheeraad ah? Barnaamijkeena moobaayalka kala soo bax [PMP.ohioaap.org](http://PMP.ohioaap.org)**